



## **Healthy Youth Survey 2004 Survey Results**

### **Statewide Results**

#### **Grade 6**

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# Healthy Youth Survey 2004 Survey Results

## *Statewide Results, Grade 6*

**Number of students surveyed:** 8029

**Number of valid responses:** 7862

### Introduction and Overview

The impact of adolescent health risk behaviors remains a primary concern of citizens throughout the country. Many health problems experienced by adolescents are caused by a very few preventable behaviors. Patterns of alcohol, tobacco, and other drug (ATOD) use and related risk behaviors are often formed during adolescence. These patterns play an important role in health throughout adulthood.

This report presents results from the fall 2004 Healthy Youth Survey in Washington State. This survey was sponsored by the Office of Superintendent of Public Instruction; the Department of Health; the Department of Social and Health Services; the Department of Community, Trade and Economic Development; and the Family Policy Council, in cooperation with schools throughout the state of Washington.

For each item, local results appear in the first two columns and statewide results appear in the second two columns. The number of valid responses (“*n*”) appears in parentheses for each item. Survey items covering the same topics are grouped together (the item numbering is specific to this report and does not necessarily reflect the item order on the actual survey). The bulleted points and graphs included at the beginning of this report highlight selected findings. Additional information may be found in the *Interpretive Guide* that accompanied this report.

### Key to the Notes

The survey was administered in 3 versions. Forms A and B were administered to students in Grades 8, 10, and 12. These two forms contained a core set of common items (see “List of Core Items” on the last page of this report) and additional items unique to each form. Form C was administered to students in Grade 6. This form consisted primarily of items drawn from Forms A and B but also included some unique items. Several items on each form were optional at the discretion of the school; schools that did not administer the optional items tore off the last page of the survey booklet. The following notes are used throughout this report to document the differences between the items on different versions and indicate the optional items:

A = wording on Form A

B = wording on Form B

C = wording on Form C

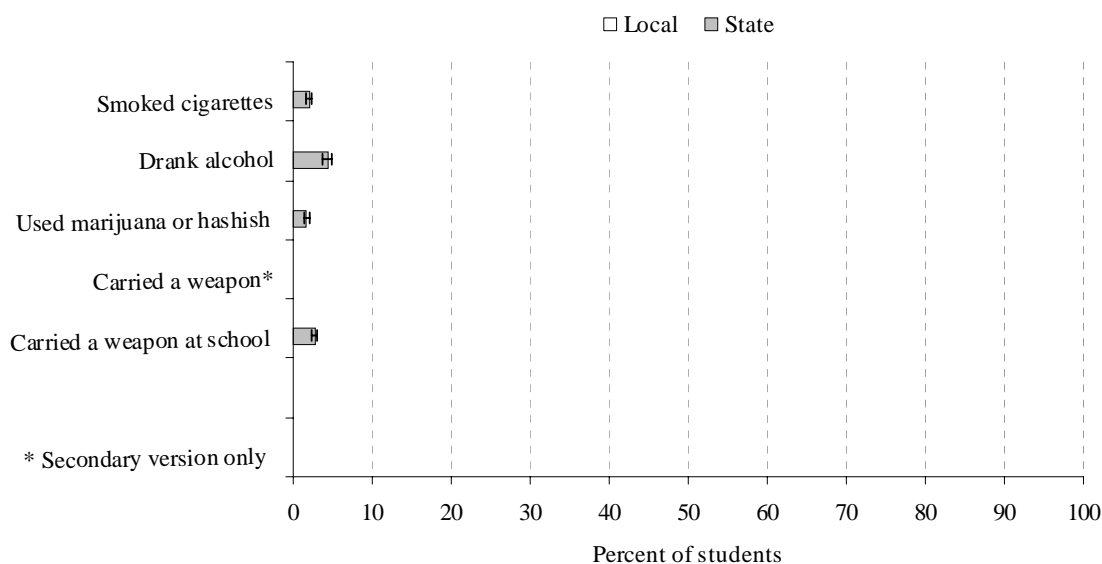
† = optional item

## Highlights of the Local Results

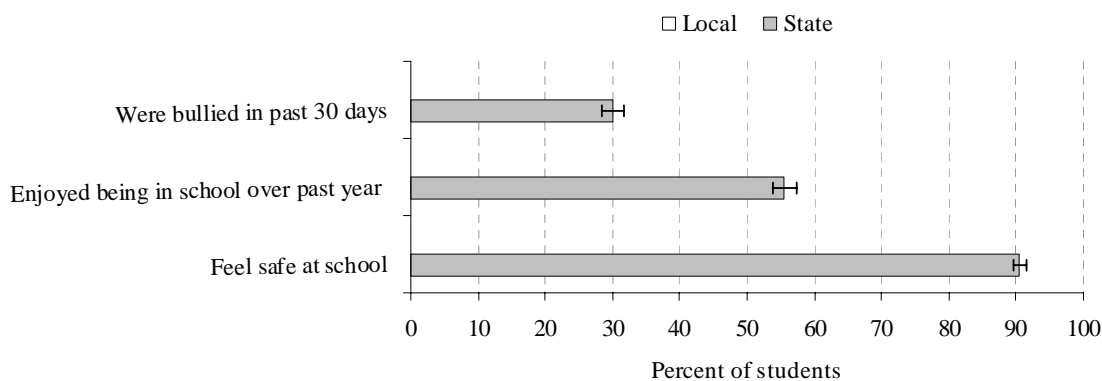
Students statewide reported the following behaviors and attitudes:

▪ Smoking cigarettes in the past 30 days (see item 24).	Statewide	2.0% ( $\pm 0.4\%$ )
▪ Drinking alcohol in the past 30 days (see item 30).	4.4	( $\pm 0.6$ )
▪ Using marijuana or hashish in the past 30 days (see item 31).	1.7	( $\pm 0.4$ )
▪ Carrying a weapon in the past 30 days (see item 114).	[Only on the secondary version of the survey.]	
▪ Carrying a weapon at school in the past 30 days (see item 115, 116).	2.7	( $\pm 0.4$ )
▪ Being bullied in the past 30 days (see item 135).	30.1	( $\pm 1.6$ )
▪ Enjoyed being in school over the past year (see item 200).	55.5	( $\pm 1.8$ )
▪ Feeling safe at school (see item 211).	90.5	( $\pm 1.0$ )

### Substance Use and Weapon Carrying in the Past 30 Days



### Bullying and School Climate



## Selected Results by Gender

Selected items are presented by gender to highlight any differences between females and males. The p-values reported after each item can be used to examine whether differences in the local data between females and males are statistically significant. To ensure student anonymity, local results are suppressed for each item on this page if any cell (e.g., females who reported smoking) represented fewer than 15 students.

During the past 30 days, on how many days did you smoke cigarettes? (See item 24.)

	State (n = 7,475)	
	Female	Male
None	98.5%	97.6%
1 or more	1.5	2.4

During the past 30 days, on how many days did you drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)? (See item 30.)

	State (n = 7,447)	
	Female	Male
None	96.0%	95.2%
1 or more	4.0	4.8

Think back over the last 2 weeks. How many times have you had five or more drinks in a row? (A drink is a glass of wine, a bottle of beer, a shot glass of liquor, or a mixed drink.) (See item 61.)

[Only on the secondary version of the survey.]

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (See item 125.)

[Only on the secondary version of the survey.]

In the last 30 days, how often have you been bullied? (See item 135.)

	State (n = 7,368)	
	Female	Male
I have not been bullied	70.8%	69.1%
Once or more	29.2	30.9

I feel safe at my school. (See item 211.)

	State (n = 7,720)	
	Female	Male
No	7.3%	11.5%
Yes	92.7	88.5

## General Information

[Item 1 appears only on the secondary version of the survey.]

2.	How old are you?	State ( <i>n</i> = 7,848)
a.	10 or younger	1.6% (± 0.2%)
b.	11	71.1 (± 1.4)
c.	12	26.2 (± 1.2)
d.	13	1.0 (± 0.4)
e.	14	0.0 (± 0.0)
f.	15 or older	0.0 (± 0.0)

3.	Are you:	State ( <i>n</i> = 7,834)
a.	Female	49.6% (± 1.0%)
b.	Male	50.4 (± 1.0)

4.	How do you describe yourself? (Select one or more responses.)	State ( <i>n</i> = 7,620)
a.	Asian or Asian American	6.4% (± 1.8%)
b.	American Indian or Alaskan Native	5.1 (± 0.8)
c.	Black or African-American	3.8 (± 1.2)
d.	Hispanic or Latino/Latina	8.6 (± 2.7)
e.	Native Hawaiian or other Pacific Islander	1.4 (± 0.4)
f.	White or Caucasian	47.6 (± 2.7)
g.	Other	18.0 (± 1.8)
	<i>More than one race/ethnicity marked</i>	9.0 (± 0.6)

[Item 5 appears only on the secondary version of the survey.]

6.	What language is usually spoken in the home?	State ( <i>n</i> = 7,706)
a.	English	86.5% (± 2.4%)
b.	Spanish	6.8 (± 2.2)
c.	Other	6.7 (± 1.6)

[Items 7–10 appear only on the secondary version of the survey.]

11.	How honest were you in filling out this survey?	State ( <i>n</i> = 6,797)
a.	I was very honest	88.7% (± 1.0%)
b.	I was honest pretty much of the time	10.1 (± 0.8)
c.	I was honest some of the time	1.2 (± 0.2)
d.	I was honest once in a while	Surveys pulled
e.	I was not honest at all	Surveys pulled

## Alcohol, Tobacco, and Other Drug Use

Alcohol, tobacco, and other drug use has been a major concern in this country for many years. The consequences of ATOD use are well known. In the short term, ATOD use interferes with positive physical, emotional, and social development. In the long term, ATOD use is associated with delinquency and criminal activity, unintended injuries, and a variety of health complications including shorter life expectancy. The economic costs of ATOD use are enormous (in Washington State an estimated \$1.81 billion in 1990 and \$2.54 billion in 1996). Tobacco use is the world's leading cause of preventable death, disease, and disability. This section provides information about lifetime ATOD use (which in part reflects experimental use), use in the past 30 days (i.e., current use), and other tobacco-, alcohol-, and drug-related issues.

### Lifetime Use

[Item 12 appears only on the secondary version of the survey.]

- |  |                              |
|--|------------------------------|
| 13. Have you ever smoked a whole cigarette? (Computed from item 40 or 41.) | State<br>( <i>n</i> = 7,398) |
| a. No  | 94.6% (± 0.8%)               |
| b. Yes   | 5.4 (± 0.8)                  |

[Item 14 appears only on the secondary version of the survey.]

- |  |                              |
|--|------------------------------|
| 15. Have you ever had more than a sip or two of beer, wine, or hard liquor (for example: vodka, whiskey, or gin)? (Computed from item 220 or 221.) | State<br>( <i>n</i> = 7,386) |
| a. No  | 69.7% (± 1.4%)               |
| b. Yes   | 30.3 (± 1.4)                 |

- |  |                              |
|--|------------------------------|
| 16. Have you ever smoked marijuana? (Computed from item 217 or 218.) | State<br>( <i>n</i> = 7,436) |
| a. No  | 97.0% (± 0.6%)               |
| b. Yes   | 3.0 (± 0.6)                  |

[Items 17–20 appear only on the secondary version of the survey.]

- |   |                              |
|---|------------------------------|
| 21. Have you ever, even once in your lifetime, used inhalants (things you sniff to get high)? | State<br>( <i>n</i> = 7,411) |
| a. Yes  | 3.7% (± 0.4%)                |
| b. No   | 96.3 (± 0.4)                 |
- 
- |  |                              |
|--|------------------------------|
| 22. Have you ever, even once in your lifetime, used other illegal drugs? | State<br>( <i>n</i> = 7,416) |
| a. Yes   | 2.9% (± 0.4%)                |
| b. No  | 97.1 (± 0.4)                 |

**30-Day Use (Use in the Past 30 Days)**

[Item 23 appears only on the secondary version of the survey.]

*During the past 30 days, on how many days did you:*

24.	Smoke cigarettes?	State (n = 7,498)
a.	None	98.0% (± 0.4%)
b.	1 – 2 days	1.1 (± 0.2)
c.	3 – 5 days	0.4 (± 0.2)
d.	6 – 9 days	0.1 (± 0.0)
e.	10 – 29 days	0.2 (± 0.2)
f.	All 30 days	0.2 (± 0.2)
	<i>Any use in past 30 days</i>	2.0 (± 0.4)

25.	Use chewing tobacco, snuff, or dip?	State (n = 7,479)
a.	None	99.0% (± 0.2%)
b.	1 – 2 days	0.7 (± 0.2)
c.	3 – 5 days	0.1 (± 0.0)
d.	6 – 9 days	0.1 (± 0.0)
e.	10 – 29 days	0.0 (± 0.0)
f.	All 30 days	0.1 (± 0.0)
	<i>Any use in past 30 days</i>	1.0 (± 0.2)

[Items 26-29 appear only on the secondary version of the survey.]

30.	Drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)?	State (n = 7,470)
a.	None	95.6% (± 0.6%)
b.	1 – 2 days	3.4 (± 0.4)
c.	3 – 5 days	0.3 (± 0.2)
d.	6 – 9 days	0.2 (± 0.2)
e.	10 or more days	0.5 (± 0.2)
	<i>Any use in past 30 days</i>	4.4 (± 0.6)

31.	Use marijuana or hashish (grass, hash, pot)?	State (n = 7,459)
a.	None	98.3% (± 0.4%)
b.	1 – 2 days	0.9 (± 0.2)
c.	3 – 5 days	0.2 (± 0.2)
d.	6 – 9 days	0.2 (± 0.2)
e.	10 or more days	0.4 (± 0.2)
	<i>Any use in past 30 days</i>	1.7 (± 0.4)

[Items 32-37 appear only on the secondary version of the survey.]

**Other Tobacco-Related Questions**

38.	If one of your best friends offered you a cigarette, would you smoke it?	State (n = 7,283)
a.	Definitely no	89.8% (± 0.8%)
b.	Probably no	7.3 (± 0.6)
c.	Probably yes	2.2 (± 0.4)
d.	Definitely yes	0.8 (± 0.2)



39.	Do you think that you will smoke a cigarette anytime in the next year?	State ( <i>n</i> = 7,264)
a.	Definitely no	88.2% (± 1.0%)
b.	Probably no	8.6 (± 0.8)
c.	Probably yes	2.3 (± 0.4)
d.	Definitely yes	0.9 (± 0.2)

[Item 40 appears only on the secondary version of the survey.]

41.	How old were you the first time you smoked a whole cigarette?	State ( <i>n</i> = 7,398)
a.	Never have	94.6% (± 0.8%)
b.	10 or younger	3.3 (± 0.6)
c.	11	1.4 (± 0.4)
d.	12	0.3 (± 0.2)
e.	13 or older	0.4 (± 0.2)

42.	Do you think young people risk harming themselves if they smoke 1 – 5 cigarettes a day?	State ( <i>n</i> = 6,993)
a.	Definitely no	5.9% (± 0.8%)
b.	Probably no	5.4 (± 0.6)
c.	Probably yes	26.9 (± 1.2)
d.	Definitely yes	61.8 (± 1.6)

43.	During the past year in school, how many times did you get information in classes about the dangers of tobacco use?	State ( <i>n</i> = 7,737)
a.	None	15.8% (± 1.6%)
b.	Once	14.8 (± 1.8)
c.	2 or 3 times	29.1 (± 2.7)
d.	4 or more times	40.3 (± 4.9)

44.	During the past year, did you practice ways to say NO to tobacco in any of your classes (for example, by role playing)?	State ( <i>n</i> = 7,757)
a.	Yes	51.0% (± 5.1%)
b.	No	30.4 (± 3.5)
c.	Not sure	18.6 (± 2.0)

[Items 45–48 appear only on the secondary version of the survey.]

49.	Do you think the smoke from other people's cigarettes (secondhand smoke) is harmful to you?	State ( <i>n</i> = 6,805)
a.	Definitely no	5.9% (± 0.8%)
b.	Probably no	3.9 (± 0.4)
c.	Probably yes	21.2 (± 1.2)
d.	Definitely yes	69.1 (± 1.4)

[Item 50 appears only on the secondary version of the survey.]

51.	Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses?	State ( <i>n</i> = 6,877)
a.	Definitely no	62.3% (± 1.8%)
b.	Probably no	24.3 (± 1.2)
c.	Probably yes	9.6 (± 1.0)
d.	Definitely yes	3.8 (± 0.6)

52.	During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?	State ( <i>n</i> = 6,854)
a.	0 days	65.5% (± 2.4%)
b.	1 – 2 days	16.1 (± 1.0)
c.	3 – 4 days	4.7 (± 0.6)
d.	5 – 6 days	2.4 (± 0.4)
e.	7 days	11.2 (± 1.4)

[Items 53–57 appear only on the secondary version of the survey.]

58.	Has either of your parents (or guardians) discussed the dangers of tobacco use with you?	State ( <i>n</i> = 6,899)
a.	Mother (or female guardian) only	14.1% (± 1.0%)
b.	Father (or male guardian) only	3.7 (± 0.4)
c.	Both	62.5 (± 1.8)
d.	Neither	19.6 (± 1.2)

[Item 59 appears only on the secondary version of the survey.]

## Other Alcohol- and Drug-Related Questions

[Items 60–63 appear only on the secondary version of the survey.]

## Other Health Concerns

This section provides results regarding other health concerns including nutrition and fitness, health conditions and health care, safety, behaviors related to intentional injury, and depression. Proper nutrition and exercise are critical components of a healthy life, as is access to preventive health care. Safety-related behaviors, such as wearing a seat belt when in a moving vehicle, can profoundly influence the outcome of an accident. Injury is the leading cause of death for adolescents aged 10 to 19, and violence contributes to injury-related deaths. People who are depressed experience a range of symptoms, and depression is associated with suicidal behavior.

### Nutrition and Fitness

[Items 64–65 appear only on the secondary version of the survey.]

66.	Which of the following are you trying to do about your weight?	State ( <i>n</i> = 6,830)
a.	I am not trying to do anything about my weight	27.9% (± 1.6%)
b.	Lose weight	36.6 (± 1.6)
c.	Gain weight	7.8 (± 0.6)
d.	Stay the same weight	27.7 (± 1.2)

[Items 67–71 appear only on the secondary version of the survey.]

72. Have you ever done any of the following to lose weight or keep from gaining weight?

- Gone without eating for 24 hours or more (also called fasting);
- Taken diet pills, powders or liquids without a doctor's advice;
- Vomited or taken laxatives

- a. Yes  
b. No

State  
(*n* = 6,769)  
9.4% (± 1.0%)  
90.6 (± 1.0)

[Item 73 appears only on the secondary version of the survey.]

74. How many sodas or pops did you drink yesterday? (Do not count diet soda.)

- a. None  
b. 1  
c. 2  
d. 3  
e. 4 or more

State  
(*n* = 6,843)  
60.1% (± 2.0%)  
26.7 (± 1.6)  
8.1 (± 0.6)  
2.6 (± 0.4)  
2.6 (± 0.4)

75. How often do you eat dinner with your family?<sup>†</sup> (Form C only)

- a. Never  
b. Rarely  
c. Sometimes  
d. Most of the time  
e. Always

State  
(*n* = 5,041)  
2.5% (± 0.6%)  
8.0 (± 1.0)  
12.4 (± 1.2)  
33.0 (± 1.8)  
44.1 (± 1.6)

[Item 76 appears only on the secondary version of the survey.]

***On how many of the past 7 days did you:***

77. Exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

- a. 0 days  
b. 1 day  
c. 2 days  
d. 3 days  
e. 4 days  
f. 5 days  
g. 6 days  
h. 7 days

State  
(*n* = 7,745)  
5.5% (± 0.6%)  
5.8 (± 0.8)  
6.8 (± 0.6)  
10.6 (± 0.8)  
11.5 (± 0.8)  
15.1 (± 1.0)  
10.0 (± 0.6)  
34.7 (± 1.4)

[Items 78–81 appears only on the secondary version of the survey.]

82. On an average school day, how many hours do you watch TV, play video games, or use a computer for fun?

- a. I do not do these activities on an average school day  
b. Less than 1 hour per day  
c. 1 hour per day  
d. 2 hours per day  
e. 3 hours per day  
f. 4 hours per day  
g. 5 or more hours per day

State  
(*n* = 7,754)  
9.9% (± 0.8%)  
20.8 (± 1.2)  
18.2 (± 1.0)  
21.8 (± 1.2)  
14.6 (± 1.0)  
5.9 (± 0.6)  
8.7 (± 1.0)

[Items 83–84 appear only on the secondary version of the survey.]

## Health Conditions and Health Care

[Items 85–88 appear only on the secondary version of the survey.]

89.	Have you ever been told by a doctor or other health professional that you had asthma?	State ( <i>n</i> = 7,812)
a.	Yes	13.6% (± 1.0%)
b.	No	75.3 (± 1.2)
c.	Not sure	11.1 (± 1.0)
90.	During the past 12 months, have you had an asthma attack or taken asthma medication?	State ( <i>n</i> = 7,772)
a.	Never had asthma	60.5% (± 1.2%)
b.	Yes	8.7 (± 0.6)
c.	No	25.3 (± 1.2)
d.	Not sure	5.5 (± 0.6)

[Items 91–102 appear only on the secondary version of the survey.]

## Safety

[Item 103 appears only on the secondary version of the survey.]

104.	When you ride a bicycle, how often do you wear a helmet?	State ( <i>n</i> = 7,823)
a.	I do not ride a bicycle	8.6% (± 1.0%)
b.	Never wear a helmet	15.9 (± 2.7)
c.	Rarely wear a helmet	12.8 (± 1.2)
d.	Sometimes wear a helmet	13.8 (± 1.0)
e.	Most of the time wear a helmet	19.6 (± 1.6)
f.	Always wear a helmet	29.2 (± 3.3)
105.	When you rollerblade or ride a skateboard, how often do you wear a helmet?	State ( <i>n</i> = 7,824)
a.	I do not rollerblade or ride a skateboard	33.4% (± 1.8%)
b.	Never wear a helmet	17.1 (± 2.0)
c.	Rarely wear a helmet	9.2 (± 0.8)
d.	Sometimes wear a helmet	8.3 (± 0.6)
e.	Most of the time wear a helmet	11.0 (± 1.0)
f.	Always wear a helmet	21.0 (± 2.4)

[Item 106 appears only on the secondary version of the survey.]

107.	How often do you wear a seat belt when riding in a car (driven by someone else) <sup>B?</sup>	State ( <i>n</i> = 7,836)
a.	Never	0.6% (± 0.2%)
b.	Rarely	0.8 (± 0.2)
c.	Sometimes	2.6 (± 0.4)
d.	Most of the time	13.8 (± 1.2)
e.	Always	82.2 (± 1.4)

[Item 108 appears only on the secondary version of the survey.]

109.	Have you ever ridden in a car driven by someone who had been drinking alcohol?	State ( <i>n</i> = 6,971)
a.	Yes	22.6% (± 1.4%)
b.	No	57.9 (± 1.4)
c.	Not sure	19.5 (± 1.0)

[Item 110 appears only on the secondary version of the survey.]

***In the past 30 days, when you bicycled or walked in your neighborhood or to school:***

111.	Did you have enough room to walk or bike?	State ( <i>n</i> = 7,813)
a.	Yes	73.4% (± 1.6%)
b.	No	5.7 (± 0.6)
c.	I did not walk or ride a bike	20.8 (± 1.4)
112.	Was it easy to cross the streets?	State ( <i>n</i> = 7,813)
a.	Yes	50.6% (± 2.0%)
b.	Sometimes yes and sometimes no	22.0 (± 1.4)
c.	No	2.5 (± 0.4)
d.	I did not cross any streets	8.6 (± 1.2)
e.	I did not walk or ride a bike	16.2 (± 1.2)
113.	Were there dogs or people who bothered you or made you feel uneasy? <sup>B</sup> / who scared you? <sup>C</sup>	State ( <i>n</i> = 7,791)
a.	Yes, dogs	9.4% (± 1.0%)
b.	Yes, people	7.2 (± 0.8)
c.	Yes, both dogs and people	6.8 (± 0.8)
d.	No	59.6 (± 2.0)
e.	I did not walk or ride a bike	17.0 (± 1.2)

**Behaviors Related to Intentional Injuries**

[Items 114–115 appear only on the secondary version of the survey.]

116.	During the past 30 days, did you carry a weapon such as a gun, knife, or club on school property?	State ( <i>n</i> = 7,451)
a.	Yes	2.7% (± 0.4%)
b.	No	97.3 (± 0.4)
117.	During the past 12 months, how many times were you in a physical fight?	State ( <i>n</i> = 7,367)
a.	0 times	68.5% (± 1.8%)
b.	1 time	14.8 (± 1.0)
c.	2 – 3 times	8.3 (± 0.6)
d.	4 – 5 times	2.4 (± 0.4)
e.	6 or more times	6.0 (± 0.6)

[Items 118–121 appear only on the secondary version of the survey.]

122. Do you try to work out your problems by talking about them?	State ( <i>n</i> = 7,232)
a. No, never	26.0% (± 1.6%)
b. Yes, some of the time	33.0 (± 1.4)
c. Yes, most of the time	23.8 (± 1.6)
d. Yes, all of the time	17.2 (± 1.0)

[Items 123–124 appear only on the secondary version of the survey.]

## Depression

[Items 125–129 appear only on the secondary version of the survey.]

130. Have you ever seriously thought about killing yourself?	State ( <i>n</i> = 7,288)
a. Yes	18.3% (± 1.2%)
b. No	81.7 (± 1.2)
131. Have you ever tried to kill yourself?	State ( <i>n</i> = 7,291)
a. Yes	5.5% (± 0.6%)
b. No	94.5 (± 0.6)
132. When you feel sad or hopeless, are there people you can turn to for help?	State ( <i>n</i> = 7,278)
a. I never feel sad or hopeless	14.6% (± 1.0%)
b. Yes	66.5 (± 1.2)
c. No	8.0 (± 0.6)
d. Not sure	11.0 (± 0.8)

[Items 133–134 appear only on the secondary version of the survey.]

## School Climate

In the past few years Washington State has given increased attention to supportive learning environments. Students need a safe, nurturing, healthy, and civil learning environment if they are to be successful in school. This section provides information about student perceptions of school climate.

135. A student is being bullied when another student, or group of students, say or do nasty or unpleasant things to him or her. It is also bullying when a student is teased repeatedly in a way he or she doesn't like. It is NOT bullying when two students of about the same strength quarrel or fight. In the last 30 days, how often have you been bullied?	State ( <i>n</i> = 7,391)
a. I have not been bullied	69.9% (± 1.6%)
b. Once	15.3 (± 1.0)
c. 2 – 3 times	7.4 (± 0.6)
d. About once a week	2.3 (± 0.4)
e. Several times a week	5.1 (± 0.6)

[Items 136–141 appear only on the secondary version of the survey.]

## Quality of Life

Health-related quality of life is an individual's or group's perceived physical and mental health over time. At the individual level it involves a person's health and health-related conditions; at the community level it involves conditions that influence people's health. This section contains the results of the items related to individual quality of life.

[Items 142–148 appear only on the secondary version of the survey.]

149. Do you have goals and plans for the future?	State ( <i>n</i> = 7,717)
a. No	12.9% (± 0.8%)
b. Yes	87.1 (± 0.8)

## Risk and Protective Factors

Decades of research have shown that certain risk factors are associated with increased likelihood of health risk behaviors including ATOD use, violence, and delinquent behaviors. Similarly, research has shown that protective factors exert a positive influence against the negative influence of risk factors. The survey included substantial coverage of risk and protective factors based on the work of Drs. Hawkins and Catalano and associates at the University of Washington. The premise of the risk reduction and protective factor enhancement approach to prevention is that preventing a problem before it occurs requires addressing the factors that predict the problem. Ideally, this strategy entails discovering the causes of the problem behavior and influencing those causes. Many of the survey items were used to assess students' status on risk and protective factors in the community, school, and peer-individual domains. Composite scales were computed for use in local program planning.

The table on the following page provides the complete list of risk and protective factors and indicates the years the Healthy Youth Survey has included each factor.

**Risk and Protective Factor Framework and Reporting Schedule**

	Healthy Youth Survey Administration Year				
	1995	1998	2000	2002	2004
<b>Community Risk Factors</b>					
Low Neighborhood Attachment	X	X	X	X <sup>S</sup>	
Community Disorganization	X				
Transitions and Mobility	X				X <sup>S</sup>
Perceived Availability of Drugs	X	X	X	X	X
Perceived Availability of Handguns	X	X	X	X <sup>S</sup>	X <sup>S</sup>
Laws And Norms Favorable to Drug Use	X	X	X	X	X
<b>Community Protective Factors</b>					
Opportunities for Prosocial Involvement			X	X	X <sup>S</sup>
Rewards for Prosocial Involvement	X	X	X	X	X
<b>Family Risk Factors</b>					
Family History of Antisocial Behavior	X				
Poor Family Management	X			X <sup>S</sup>	X <sup>S</sup>
Family Conflict					
Parental Attitudes Favorable towards Drug Use					X <sup>S</sup>
Parental Attitudes Favorable to Antisocial Behavior	X				X <sup>S</sup>
Antisocial Behavior Among Familiar Adults				X <sup>S</sup>	
<b>Family Protective Factors</b>					
Attachment					
Opportunities for Prosocial Involvement	X			X	X <sup>E</sup>
Rewards for Prosocial Involvement	X			X	X <sup>E</sup>
<b>School Risk Factors</b>					
Academic Failure	X	X	X	X	X
Low Commitment to School	X	X	X	X	X
<b>School Protective Factors</b>					
Opportunities for Prosocial Involvement	X	X	X	X <sup>S</sup>	X <sup>S</sup>
Rewards for Prosocial Involvement	X	X	X	X	X
<b>Peer-Individual Risk Factors</b>					
Rebelliousness	X	X			
Gang Involvement					
Perceived Risk of Drug Use		X	X	X	X
Early Initiation of Drug Use			X	X <sup>S</sup>	X <sup>S</sup>
Early Initiation of Antisocial Behavior	X	X	X	X <sup>S</sup>	X <sup>S</sup>
Favorable Attitudes Towards Drug Use	X	X	X	X	X
Favorable Attitudes Towards Antisocial Behavior	X	X	X	X <sup>S</sup>	X <sup>S</sup>
Sensation Seeking	X	X			
Rewards for Antisocial Involvement		X	X	X <sup>S</sup>	X <sup>S</sup>
Friends' Use of Drugs	X	X	X	X <sup>S</sup>	X <sup>S</sup>
Interaction With Antisocial Peers	X	X			X <sup>S</sup>
Intentions to Use				X <sup>S</sup>	X <sup>S</sup>
<b>Peer-Individual Protective Factors</b>					
Interaction With Prosocial Peers					X
Belief in the Moral Order	X	X	X	X <sup>S</sup>	X <sup>S</sup>
Prosocial Involvement					X
Rewards for Prosocial Involvement					
Social Skills	X	X	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>
Religiosity		X			

Note. S = Included only on the secondary version; E = Included only on the elementary version.



## Risk and Protective Factor Scale Results

For each *risk* factor scale, the percentage of students who are at risk (i.e., who agreed with statements that predict ATOD use or other problem behaviors) is reported; higher percentages indicate that *more* students are likely to engage in problem behaviors. For each *protective* factor scale, the percentage of students who are resilient (i.e., who agreed with statements that predict the ability to resist ATOD use or other problem behaviors) is reported; higher percentages indicate that *fewer* students are likely to engage in problem behaviors. These percentages are based on computational methods provided by the University of Washington's Social Development Research Group.

### Community Risk Factors

	State ( <i>n</i> = 7,192)
Perceived Availability of Drugs (Items 154–157)	22.5% (± 1.6%)
	( <i>n</i> = 7,399)
Laws And Norms Favorable to Drug Use (Items 159–164)	37.1% (± 1.8%)

### Community Protective Factors

	State ( <i>n</i> = 7,649)
Rewards for Prosocial Involvement (Items 171–173)	38.6% (± 1.2%)

### Family Risk Factors (Items 174–187)

[Only on the secondary version of the survey.]

### Family Protective Factors

	State ( <i>n</i> = 5,048)
Opportunities for Prosocial Involvement (Items 188–190)	58.5% (± 2.2%)
	( <i>n</i> = 5,021)
Rewards for Prosocial Involvement (Items 191–194)	62.5% (± 2.0%)

### School Risk Factors

	State ( <i>n</i> = 7,263)
Academic Failure (Items 195–196)	40.6% (± 1.8%)
	( <i>n</i> = 7,394)
Low Commitment to School (Items 197–203)	44.4% (± 1.6%)

### School Protective Factors

	State ( <i>n</i> = 7,738)
Rewards for Prosocial Involvement (Items 209–212)	52.3% (± 1.8%)

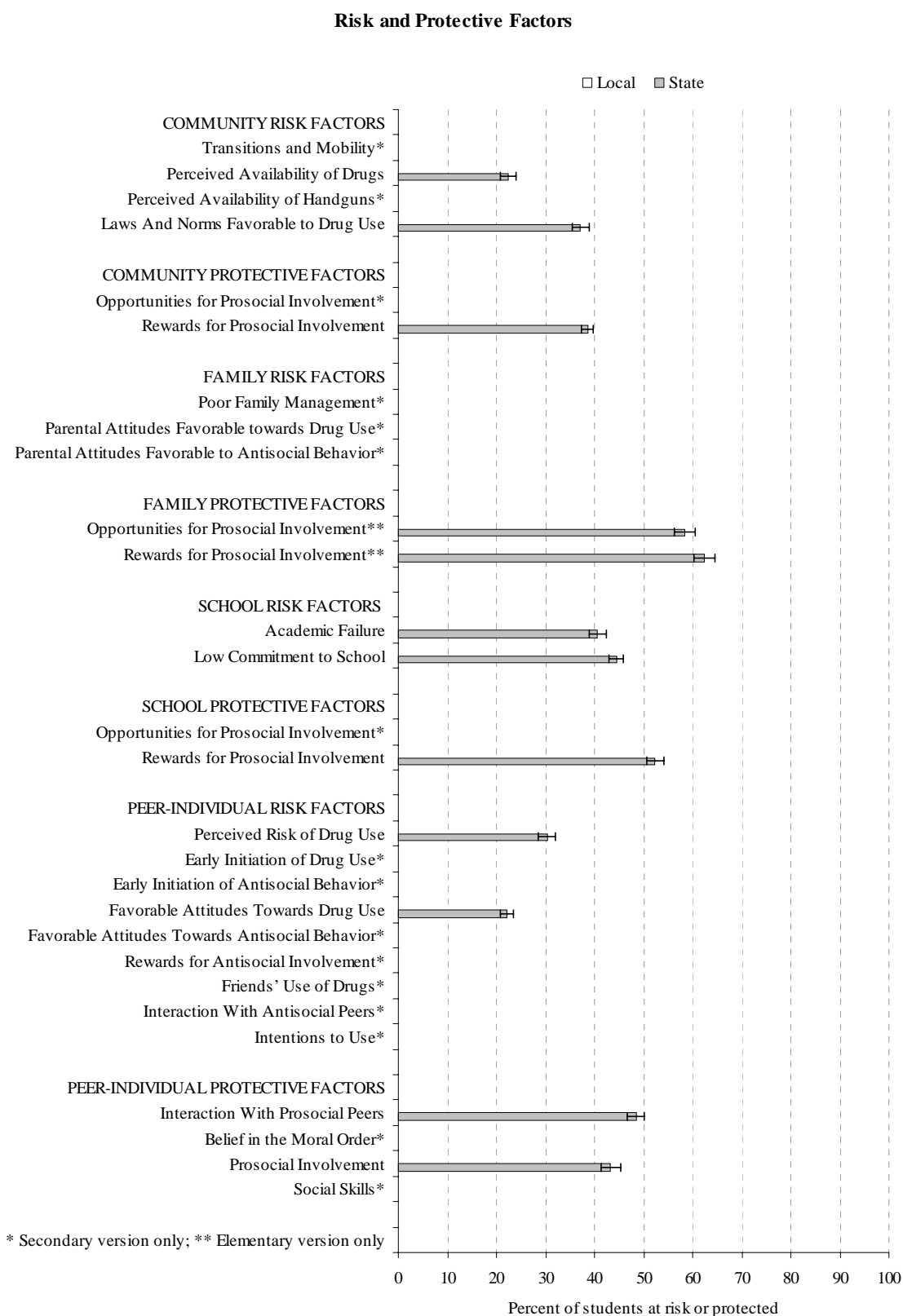
### Peer-Individual Risk Factors

	State ( <i>n</i> = 6,314)
Perceived Risk of Drug Use (Items 213–216)	30.3% (± 1.8%)
	( <i>n</i> = 7,067)
Favorable Attitudes Towards Drug Use (Items 230–233)	22.2% (± 1.4%)

### Peer-Individual Protective Factors

	State ( <i>n</i> = 7,502)
Interaction With Prosocial Peers (Items 257–261)	48.4% (± 1.8%)
	( <i>n</i> = 7,665)
Prosocial Involvement (Items 266–268)	43.3% (± 2.0%)

## Graph of Scale Results



## Risk and Protective Factors: Individual Item Results

The remainder of the report provides results for the individual items used to compute the risk and protective factors.

### Community Domain

[Items 150–153 appear only on the secondary version of the survey.]

- |  |  |
|--|--|
| 154. If you wanted to get some beer, wine, or hard liquor (for example: vodka, whiskey, or gin), how easy would it be for you to get some? | State<br>(n = 7,256)<br>68.4% (± 1.2%)<br>14.8 (± 0.8)<br>8.8 (± 0.8)<br>8.0 (± 0.8) |
| a. Very hard<br>b. Sort of hard<br>c. Sort of easy<br>d. Very easy   |  |
| 155. If you wanted to get some cigarettes, how easy would it be for you to get some?   | State<br>(n = 7,210)<br>71.9% (± 1.6%)<br>12.0 (± 0.8)<br>7.2 (± 0.8)<br>8.9 (± 1.0) |
| a. Very hard<br>b. Sort of hard<br>c. Sort of easy<br>d. Very easy   |  |
| 156. If you wanted to get some marijuana, how easy would it be for you to get some?  | State<br>(n = 7,172)<br>87.5% (± 1.2%)<br>6.0 (± 0.8)<br>3.2 (± 0.6)<br>3.3 (± 0.4)  |
| a. Very hard<br>b. Sort of hard<br>c. Sort of easy<br>d. Very easy   |  |
| 157. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?                             | State<br>(n = 7,121)<br>90.1% (± 0.8%)<br>5.0 (± 0.6)<br>2.4 (± 0.4)<br>2.5 (± 0.4)  |
| a. Very hard<br>b. Sort of hard<br>c. Sort of easy<br>d. Very easy   |  |

[Item 158 appears only on the secondary version of the survey.]

- |  |  |
|--|--|
| 159. How wrong would most adults in your neighborhood think it was for kids your age to use marijuana? | State<br>(n = 7,514)<br>87.3% (± 1.0%)<br>8.2 (± 0.8)<br>2.9 (± 0.4)<br>1.7 (± 0.2)  |
| a. Very wrong<br>b. Wrong<br>c. A little bit wrong<br>d. Not wrong at all                              |  |
| 160. How wrong would most adults in your neighborhood think it was for kids your age to drink alcohol? | State<br>(n = 7,551)<br>78.7% (± 1.0%)<br>14.2 (± 0.8)<br>5.1 (± 0.6)<br>2.0 (± 0.2) |
| a. Very wrong<br>b. Wrong<br>c. A little bit wrong<br>d. Not wrong at all                              |  |

161.	How wrong would most adults in your neighborhood think it was for kids your age to smoke cigarettes?	State (n = 7,535)
a.	Very wrong	79.7% (± 1.4%)
b.	Wrong	12.9 (± 0.8)
c.	A little bit wrong	4.9 (± 0.6)
d.	Not wrong at all	2.5 (± 0.4)
162.	If a kid drank some beer, wine, or hard liquor (for example: vodka, whiskey, or gin) in your neighborhood would he or she be caught by the police?	State (n = 7,343)
a.	NO!	13.3% (± 1.2%)
b.	no	28.7 (± 1.4)
c.	yes	29.5 (± 1.6)
d.	YES!	28.5 (± 1.4)
163.	If a kid carried a handgun in your neighborhood would he or she be caught by the police?	State (n = 7,341)
a.	NO!	9.9% (± 1.0%)
b.	no	14.0 (± 1.0)
c.	yes	27.0 (± 1.0)
d.	YES!	49.0 (± 1.6)
164.	If a kid smoked marijuana in your neighborhood would he or she be caught by the police?	State (n = 7,294)
a.	NO!	9.8% (± 1.0%)
b.	no	20.2 (± 1.2)
c.	yes	31.5 (± 1.4)
d.	YES!	38.6 (± 1.6)
[Items 165–170 appears only on the secondary version of the survey.]		
171.	My neighbors notice when I am doing a good job and let me know.	State (n = 7,636)
a.	NO!	37.2% (± 1.6%)
b.	no	34.8 (± 1.4)
c.	yes	20.8 (± 1.0)
d.	YES!	7.2 (± 0.6)
172.	There are people in my neighborhood who encourage me to do my best.	State (n = 7,633)
a.	NO!	26.2% (± 1.4%)
b.	no	27.8 (± 1.2)
c.	yes	32.8 (± 1.2)
d.	YES!	13.1 (± 0.8)
173.	There are people in my neighborhood who are proud of me when I do something well.	State (n = 7,616)
a.	NO!	24.9% (± 1.4%)
b.	no	29.0 (± 1.2)
c.	yes	34.5 (± 1.2)
d.	YES!	11.6 (± 0.8)

## Family Domain

*The next set of questions asks about your family. When answering these questions, please think about the people you consider to be your family—parents, grandparents, aunts, uncles, etc.*

[Items 174–187 appears only on the secondary version of the survey.]

188.	My parents give me lots of chances to do fun things with them. <sup>†</sup>	State (n = 5,089)
a.	NO!	5.4% (± 0.8%)
b.	no	9.8 (± 0.8)
c.	yes	39.3 (± 1.4)
d.	YES!	45.5 (± 1.8)
189.	My parents ask me what I think before most family decisions affecting me are made. <sup>†</sup>	State (n = 4,944)
a.	NO!	9.4% (± 1.2%)
b.	no	17.3 (± 1.2)
c.	yes	40.7 (± 1.4)
d.	YES!	32.6 (± 1.8)
190.	If I had a personal problem, I could ask my mom or dad for help. <sup>†</sup>	State (n = 5,014)
a.	NO!	5.6% (± 0.8%)
b.	no	6.6 (± 0.6)
c.	yes	28.7 (± 1.4)
d.	YES!	59.1 (± 1.8)
191.	My parents notice when I am doing a good job and let me know about it. <sup>†</sup>	State (n = 5,029)
a.	Never or almost never	4.7% (± 0.6%)
b.	Sometimes	16.1 (± 1.4)
c.	Often	28.0 (± 1.2)
d.	All the time	51.2 (± 1.8)
192.	How often do your parents tell you they're proud of you for something you've done? <sup>†</sup>	State (n = 5,012)
a.	Never or almost never	4.2% (± 0.6%)
b.	Sometimes	14.5 (± 1.2)
c.	Often	30.2 (± 1.4)
d.	All the time	51.1 (± 1.8)
193.	Do you enjoy spending time with your dad? <sup>†</sup>	State (n = 4,956)
a.	NO!	5.1% (± 0.8%)
b.	no	4.2 (± 0.6)
c.	yes	23.5 (± 1.4)
d.	YES!	67.2 (± 1.8)
194.	Do you enjoy spending time with your mom? <sup>†</sup>	State (n = 5,016)
a.	NO!	2.3% (± 0.4%)
b.	no	2.9 (± 0.4)
c.	yes	22.8 (± 1.4)
d.	YES!	72.0 (± 1.6)

195. Putting them all together, what were your grades like last year?	State ( <i>n</i> = 7,489)
a. Mostly As	39.6% ( $\pm 2.7\%$ )
b. Mostly Bs	42.6 ( $\pm 2.0$ )
c. Mostly Cs	13.7 ( $\pm 1.4$ )
d. Mostly Ds	2.7 ( $\pm 0.4$ )
e. Mostly Fs	1.3 ( $\pm 0.4$ )
196. Are your school grades better than the grades of most students in your class?	State ( <i>n</i> = 7,521)
a. NO!	6.1% ( $\pm 0.8\%$ )
b. no	30.2 ( $\pm 1.2$ )
c. yes	51.0 ( $\pm 1.2$ )
d. YES!	12.7 ( $\pm 1.0$ )

### School Domain

197. How often do you feel the schoolwork you are assigned is meaningful and important?	State ( <i>n</i> = 7,719)
a. Almost always	29.0% ( $\pm 1.2\%$ )
b. Often	27.4 ( $\pm 1.2$ )
c. Sometimes	30.0 ( $\pm 1.2$ )
d. Seldom	8.7 ( $\pm 0.8$ )
e. Never	4.9 ( $\pm 0.6$ )
198. How interesting are most of your courses to you?	State ( <i>n</i> = 7,538)
a. Very interesting and stimulating	13.7% ( $\pm 1.2\%$ )
b. Quite interesting	33.9 ( $\pm 1.4$ )
c. Fairly interesting	33.9 ( $\pm 1.0$ )
d. Slightly dull	12.5 ( $\pm 1.0$ )
e. Very dull	6.0 ( $\pm 0.8$ )
199. How important do you think the things you are learning in school are going to be for you later in life?	State ( <i>n</i> = 7,736)
a. Very important	53.6% ( $\pm 2.0\%$ )
b. Quite important	27.4 ( $\pm 1.4$ )
c. Fairly important	12.6 ( $\pm 0.8$ )
d. Slightly important	4.8 ( $\pm 0.6$ )
e. Not at all important	1.6 ( $\pm 0.4$ )

### Think back over the past year in school. How often did you:

200. Enjoy being in school?	State ( <i>n</i> = 7,834)
a. Never	7.0% ( $\pm 0.8\%$ )
b. Seldom	7.3 ( $\pm 0.6$ )
c. Sometimes	30.1 ( $\pm 1.4$ )
d. Often	24.8 ( $\pm 1.0$ )
e. Almost always	30.7 ( $\pm 1.6$ )

[Item 201 appears only on the secondary version of the survey.]

202. Try to do your best work in school?	State (n = 7,807)
a. Never	0.6% (± 0.2%)
b. Seldom	1.2 (± 0.2)
c. Sometimes	6.1 (± 0.6)
d. Often	19.3 (± 1.2)
e. Almost always	72.7 (± 1.4)

[Items 203–208 appear only on the secondary version of the survey.]

209. My teacher(s) notices when I am doing a good job and lets me know about it.	State (n = 7,733)
a. NO!	4.9% (± 0.6%)
b. no	14.5 (± 1.2)
c. yes	55.6 (± 1.2)
d. YES!	25.0 (± 1.6)

210. The school lets my parents know when I have done something well.	State (n = 7,689)
a. NO!	13.6% (± 1.2%)
b. no	33.9 (± 1.2)
c. yes	38.4 (± 1.2)
d. YES!	14.2 (± 1.0)

211. I feel safe at my school.	State (n = 7,743)
a. NO! <sup>A,C</sup> / Definitely NOT true <sup>B</sup>	3.2% (± 0.4%)
b. no <sup>A,C</sup> / Mostly not true <sup>B</sup>	6.3 (± 0.8)
c. yes <sup>A,C</sup> / Mostly true <sup>B</sup>	45.7 (± 1.6)
d. YES! <sup>A,C</sup> / Definitely true <sup>B</sup>	44.8 (± 1.8)

212. My teachers praise me when I work hard in school.	State (n = 7,572)
a. NO!	12.5% (± 1.0%)
b. no	30.1 (± 1.4)
c. yes	44.9 (± 1.6)
d. YES!	12.5 (± 1.0)

## Peer and Individual Domain

*How much do you think people risk harming themselves if they:*

213. Smoke one or more packs of cigarettes per day?	State (n = 7,184)
a. No risk	5.1% (± 0.6%)
b. Slight risk	4.4 (± 0.6)
c. Moderate risk	13.0 (± 0.8)
d. Great risk	66.0 (± 1.8)
e. Not sure	11.5 (± 1.0)

214. Try marijuana once or twice?	State (n = 7,104)
a. No risk	8.5% (± 1.0%)
b. Slight risk	14.6 (± 1.0)
c. Moderate risk	23.8 (± 1.2)
d. Great risk	40.8 (± 1.6)
e. Not sure	12.3 (± 0.8)

215. Smoke marijuana regularly?	State (n = 7,077)
a. No risk	7.1% (± 0.8%)
b. Slight risk	4.3 (± 0.6)
c. Moderate risk	9.4 (± 0.8)
d. Great risk	69.2 (± 2.0)
e. Not sure	10.0 (± 1.0)

216. Take one or two drinks of an alcoholic beverage (wine, beer, a shot, liquor) nearly every day?	State (n = 7,080)
a. No risk	13.9% (± 1.0%)
b. Slight risk	20.3 (± 1.0)
c. Moderate risk	26.3 (± 1.2)
d. Great risk	29.3 (± 1.4)
e. Not sure	10.2 (± 0.8)

***How old were you the first time you:***

[Item 217 appears only on the secondary version of the survey.]

218. Have you ever, even once in your lifetime smoked marijuana?	State (n = 7,436)
a. Yes	3.0% (± 0.6%)
b. No	97.0 (± 0.6)

[Items 219–220 appear only on the secondary version of the survey.]

221. Have you ever, even once in your lifetime had more than a sip or two of beer, wine, or hard liquor (for example: vodka, whiskey, or gin)?	State (n = 7,386)
a. Yes	30.3% (± 1.4%)
b. No	69.7 (± 1.4)

[Items 222–229 appear only on the secondary version of the survey.]

***How wrong do you think it is for someone your age to:***

230. Drink beer, wine, or hard liquor (for example: vodka, whiskey, or gin) regularly?	State (n = 7,122)
a. Very wrong	81.9% (± 1.4%)
b. Wrong	12.5 (± 1.0)
c. A little bit wrong	4.2 (± 0.6)
d. Not wrong at all	1.4 (± 0.4)



231. Smoke cigarettes?	State (n = 7,105)
a. Very wrong	86.6% (± 1.2%)
b. Wrong	10.0 (± 0.8)
c. A little bit wrong	2.2 (± 0.4)
d. Not wrong at all	1.2 (± 0.2)

232. Smoke marijuana?	State (n = 7,039)
a. Very wrong	92.3% (± 0.8%)
b. Wrong	5.1 (± 0.6)
c. A little bit wrong	1.6 (± 0.4)
d. Not wrong at all	1.0 (± 0.2)

233. Use LSD, cocaine, amphetamines, or another illegal drug?	State (n = 7,038)
a. Very wrong	94.4% (± 0.6%)
b. Wrong	3.6 (± 0.6)
c. A little bit wrong	1.1 (± 0.2)
d. Not wrong at all	1.0 (± 0.2)

[Items 234–256 appear only on the secondary version of the survey.]

***Think about your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have...***

257. Participated in clubs, organizations or activities at school?	State (n = 7,448)
a. None of my friends	16.3% (± 1.2%)
b. 1 of my friends	16.5 (± 1.0)
c. 2 of my friends	19.5 (± 1.0)
d. 3 of my friends	15.5 (± 1.0)
e. 4 of my friends	32.2 (± 1.4)

258. Made a commitment to stay drug-free?	State (n = 7,383)
a. None of my friends	17.8% (± 1.2%)
b. 1 of my friends	5.6 (± 0.6)
c. 2 of my friends	5.0 (± 0.6)
d. 3 of my friends	5.8 (± 0.6)
e. 4 of my friends	65.9 (± 2.0)

259. Liked school?	State (n = 7,439)
a. None of my friends	17.5% (± 1.2%)
b. 1 of my friends	12.7 (± 0.8)
c. 2 of my friends	17.9 (± 0.8)
d. 3 of my friends	19.1 (± 0.8)
e. 4 of my friends	32.7 (± 1.6)

260. Regularly attended religious services?	State ( <i>n</i> = 7,193)
a. None of my friends	27.5% (± 1.8%)
b. 1 of my friends	22.9 (± 1.2)
c. 2 of my friends	19.9 (± 1.0)
d. 3 of my friends	13.3 (± 1.0)
e. 4 of my friends	16.5 (± 1.4)

261. Tried to do well in school?	State ( <i>n</i> = 7,474)
a. None of my friends	4.6% (± 0.4%)
b. 1 of my friends	5.6 (± 0.6)
c. 2 of my friends	7.6 (± 0.6)
d. 3 of my friends	13.6 (± 1.0)
e. 4 of my friends	68.6 (± 1.4)

[Items 262–265 appear only on the secondary version of the survey.]

***How many times in the past year (12 months) have you . . .***

266. Participated in clubs, organizations or activities at school?	State ( <i>n</i> = 7,646)
a. Never	20.9% (± 1.6%)
b. 1 or 2 times	29.3 (± 1.2)
c. 3 to 5 times	20.0 (± 1.2)
d. 6 to 9 times	9.7 (± 0.8)
e. 10 to 19 times	6.9 (± 0.6)
f. 20 to 29 times	3.7 (± 0.4)
g. 30 to 39 times	2.1 (± 0.4)
h. 40+ times	7.4 (± 0.6)

267. Done extra work on your own for school?	State ( <i>n</i> = 7,629)
a. Never	21.4% (± 1.4%)
b. 1 or 2 times	33.8 (± 1.4)
c. 3 to 5 times	18.6 (± 1.0)
d. 6 to 9 times	10.4 (± 0.8)
e. 10 to 19 times	6.2 (± 0.6)
f. 20 to 29 times	3.6 (± 0.6)
g. 30 to 39 times	1.7 (± 0.4)
h. 40+ times	4.2 (± 0.4)

268. Volunteered to do community service?	State ( <i>n</i> = 7,595)
a. Never	51.8% (± 2.2%)
b. 1 or 2 times	25.1 (± 1.2)
c. 3 to 5 times	10.2 (± 1.0)
d. 6 to 9 times	5.0 (± 0.6)
e. 10 to 19 times	3.2 (± 0.4)
f. 20 to 29 times	1.5 (± 0.2)
g. 30 to 39 times	0.8 (± 0.2)
h. 40+ times	2.4 (± 0.4)

[Items 269–272 appear only on the secondary version of the survey.]

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